

Missouri River Medley

Makes: 50 Servings

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Ingredients	Weight	Measure
Garbanzo Beans	4 lb 8 1/2 oz	8 1/3 cup
Black beans	4 lb 8 1/2 oz	8 1/3 cup
Tomatoes, Red, Ripe, Canned with Green Chillies	2 lb 4 oz	4 1/4 cups
Red pepper, fresh, chopped		2 cup
Green onions, fresh, chopped		16 green onions
Corn, canned	2 lb 4 oz	4 1/4 cup
Cilantro, fresh, chopped		1 cup
Italian Dressing, reduced- fat, no salt added	4 1 1/2 oz	
Orzo, cooked	3 lb 2 oz	8 1/3 cup
Pepper, black		1 Tbsp 1 1/4 tsp



Directions

1. Cook Orzo based on package instructions. *Note: 1 lb dry orzo yields 3.07 lbs cooked orzo. Allow to cool and place in a large mixing bowl.

2. Open canned beans and corn, strain and place in the large mixing bowl along with the orzo.
3. Open canned tomatoes and add directly to the bowl with orzo, beans and corn.
4. Chop red peppers, green onions and cilantro. Add directly to the large mixing bowl with previous ingredients.
5. Add Italian dressing and mix all ingredients until everything is well coated. Add pepper and again mix until pepper is evenly distributed.
6. Keep dish chilled in the refrigerator until time of serving.

Notes

Serving Tips:

This dish serves well as a dip for a whole grain chip and also work nicely along side a grilled meat or fish.